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A NOTE FROM THE EDITOR

Welcome to our festive
December/January Edition!

With only a few shopping days left until the big day our shops have truly pulled out all the stops this month to make sure Santa gets as much help as possible. And considering he delivers toys to an estimated 152,000 households a minute on Christmas Eve, no doubt he will be grateful for some help!

Many churches, religious and community groups and charities need the gift of your time this December, so why not consider volunteering. There are so many places that need a helping hand, from those who care for the elderly, to others that help animals, to hospitals, hospices and homeless shelters.

January is the month of looking forward, the shortest day is almost a week passed and the days are lengthening every day. Granted it might only be by just over a minute a day at the beginning, but by the end of the month it is over three in the south of England, and this provides hope for the future and the arrival of spring.

January is also the month of fresh starts and taking stock of our lives. Quite often this takes the form of starting a new fitness regime and eating more healthily. Many of us decide to shed the weight we have always wanted to shed and tone the muscles that have been hiding underneath.

Perhaps this desire to find our new selves is sparked by our overindulgence over the festive season? Who didn't eat one too many mince pies or have that extra portion of Christmas pudding? It is all part of the joy of the holiday season.

Dates for your calendar:

24th December - Christmas Eve; 25th December - Christmas day (Bank Holiday); 26th December - Boxing Day (Bank Holiday); 31st December - New Year's Eve; 1st January - New Year's Day (Bank Holiday);

However you decide to spend next couple of months - keep your heart and your business local.

Yours, Stonesthrow Publications.

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AndyE 230 / 31 Jan 2024



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In recent years, garden rooms have emerged as the new way for homeowners to unlock more space without the hassle of major renovations. Imagine having your own space in the garden—a home office, a workout studio, or even a cosy retreat just a few steps from your back door.

If your home is feeling cramped or you're yearning for a spot that's both indoors and out, a garden room might be the answer. These standalone spaces blend beautifully into the garden, offering a fresh way to make the most of your outdoor area. There's something wonderful about stepping into a space that feels like an extension of the garden itself, with plenty of natural light and views of the outdoors—yet with all the insulation and comforts of an indoor room.

What makes a garden room so appealing is the flexibility it offers. Whether you want to design a quiet home office, a space for yoga or meditation, or a lively entertainment spot complete with a bar and seating, it's a blank slate that you can truly make your own. And the best part? Garden rooms can often be installed in a matter of days, meaning minimal hassle and a quick transformation.

The design options are nearly endless. Many

people choose a modern, maintenance-free cladding that can handle the British weather, while others love the classic look of wood, like Cedar or Redwood. Inside, you can opt for bi-fold doors, custom lighting, climate control, and whatever else you need to make the space comfortable year-round. Cabin Master, for instance, has been in the business for over two decades, providing garden rooms that are tailored to each client's vision and made right here in the UK. They offer everything from design to installation, so you can go from idea to reality with one team.

If you're considering adding a garden room, it's worth visiting a show site where you can see different layouts and finishes in person, as it gives you a real sense of what's possible. The freedom to choose the size, style, and purpose of your garden room means it can grow with you and adapt to whatever you need—now or in the future.

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STAYING HEALTHY THIS CHRISTMAS

Many of us eat and drink too much during the festive season. But once a year, why worry about a little overindulgence? Here are some easy tips to help you stay healthy and still enjoy Christmas.

Worrying about overindulging often makes Christmas extra stressful, but Christmas is all about indulgence. It comes but once a year and there is always that New Years' resolution to adopt a healthy lifestyle come January. And with a few simple changes the festive season need not be as bad for you as you might think.

Relax and enjoy

First and foremost. It's Christmas. Give yourself a break. Instead of worrying about calories or your waistline at Christmas why not just relax and try to enjoy yourself. Worrying too much is bad for you anyway. Don't stress about a holiday that is supposed to be the most wonderful time of the year. And by excluding yourself from socialising because you might have too much to drink and eat some unhealthy foods you might lose out on having a really great and memorable time.

Hydrate

Many of us forget to drink water over the festive season at a time when you really need to hydrate. Make sure you drink plenty of water throughout the day, especially if you are intending to drink alcohol in an evening because alcohol can dehydrate you and lower your system's immunity.

Start your day with a big glass of water. Drinking water in the morning helps get rid of brain fog and headaches and sets you up for the day.

Smaller portions

Most of us enjoy larger portions at Christmas but if you choose to make the portions you are eating a little bit smaller you can eat all the goodies that make Christmas so special!

Eat your veggies

If you are lucky enough to be invited out to dinner over Christmas, think about having the meal with a few less trimmings! Instead, fill up on the delicious veggies! So what if roast potatoes and roast vegetables are high in calories! They are scrumptious and make up part of your five a day!

Start your day with a good breakfast

The tendency over the festive season is to forget about breakfast because you might still be full or feeling the effects from the night before. But don't! Make sure you start your day with a healthy breakfast, perhaps porridge or cereal, eggs on toast, some fruit juice, and not too much coffee.

Drink savvy

Many of us enjoy a drink at Christmas but a good rule of thumb is to try to avoid mixing your drinks and remember that lighter coloured drinks tend to cause less of a hangover. And, if you are having a drink, remember to enjoy eating a festive nibble or two.

The wonderful thing about the holidays is that we can all overindulge a little and need not feel bad about it. Don't worry, enjoy and have a wonderful time.

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Kids' Page

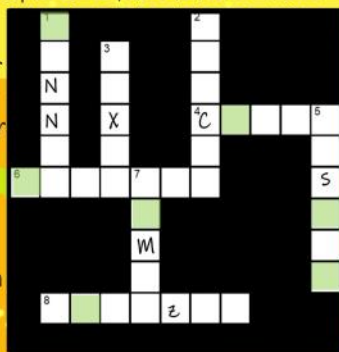


Can you find the eight hidden objects in our festive picture?



Fit the names of Santa's reindeer into the grid. Then unscramble the letters in the green squares to find one more reindeer

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The Famous Virgins & Castle *British*
7 High Street CV8 1LY **01926 853 737**
Kenilworth Cantonese *Chinese Takeaway*
2 High Street CV8 1LZ **01926 863 390**
The Cross *British*
16 New Street CV8 2EZ **01926 853 840**
School Lane Fish & Chip Shop *Fish & Chips*
101 School Lane CV8 1GT **01926 859 490**
The Royal Oak Pub *British*
36 New Street CV8 2EZ **01926 856906**
Engine *Pub*
8 Mill End CV8 2HP **01926 853341**
The Wyandotte Inn *Pub*
4 Stoneleigh Road CV8 2GD **01926 856167**
The Tiltyard *British*
25 Leyes Lane CV8 2DE **01926 851 523**
Domino's Pizza *Pizza Takeaway*
37 Leyes Lane CV8 1DE **01926 856 888**
The Kenilworth *Cocktail Lounge Bar*
61 Warwick Road CV8 1HN **01926 779 473**
The Clock Tower *Café*
212 Abbey End, Kenilworth CV8 1ED **01926 855 957**
Milk & Mocha *Dessert Parlour*
43 Warwick Road CV8 1HN **01926 511 444**
La Ari Italian *Deli & Café*
4 Warwick Road CV8 1HB **07392 339579**
Ardens *Café*
17 Talisman Square CV8 1JB **02476 422 422**
Amante Del Cibo *Pizza*
72 Whitemoor Road CV8 2BP **07514 133 944**
The Station House *Bar*
48 Station Road CV8 1JD **01926 852 300**
Zizzi *Italian*
29 The Square CV8 1EF **01926 852980**
Charlotte's *French Café*
18-20 Warwick Rd CV8 1HE



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www.edwardswealth.co.uk



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SJP Approved 20/09/2024

SJP1486a_DS BS (06/24)

USEFUL LOCAL TELEPHONE NUMBERS

HELPLINES & HOTLINES

| | |
|------------------------|------------------------------|
| Victim Support Warwick | 01926 682 689 |
| Samaritans | 0845 790 9090 |
| Consumer Advice | 0845 4040 506 |
| Citizens Advice Bureau | 01926 457 900 |
| RSPCA | 07867 743827 / 0300 1234 999 |

MEDICAL

| | |
|--|--------------|
| Warwick Hospital | 01926 495321 |
| Coventry University Hospital | 02476 964000 |
| Pennington Dental Kenilworth | 01926 678332 |
| NHS Advice Line / Out of Hours Dental Advice | |
| 111 | |
| Emergency Vets | 01926 421465 |

UTILITIES

| | |
|------------------------|---------------|
| Electricity Power Loss | 0800 328 1111 |
| Severn Trent Water | 0800 783 4444 |
| Transco Gas Leak | 0800 111 999 |
| BT Fault Line | 0800 800151 |

KENILWORTH TOWN COUNCIL

Town Clerk Miss Maggie Field 01926 859 155

TRAVEL

| | |
|-------------------------|----------------|
| Chiltern Railways | 0345 600 515 |
| National Rail Enquiries | 03457 48 49 50 |
| West Midlands Trains | 0333 211 0039 |
| Bus Travel Line | 0871 2002233 |
| Coventry Airport | 02476 308601 |
| Birmingham Int' Airport | 0871 222 0072 |

POLICE

| | |
|----------------------------|----------------------|
| Warwickshire Police | 01926 415000 |
| West Midlands Police | 0345 1135000 |
| Police Control Room | 01926 851 111 Or 101 |
| Warwickshire Fire & Rescue | 01926 423231 |
| Crimestoppers | 0800 555 111 |

LEISURE & SPORTS

| | |
|---------------------------------|---------------|
| The Kenilworth Centre | 01926 855 205 |
| Kenilworth Library | 0300 555 8171 |
| Meadows Community Sports Centre | 01926 857 613 |

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WHAT'S ON LOCALLY

Kenilworth Market

Date: every Thursday / Time: 9am - 3pm / Venue: Abbey End, Kenilworth

Kenilworth market is a great opportunity to shop in a vibrant open-air setting. You will find variety and value, sold by new and experienced traders. Choose from stalls selling everything from fresh fruit and vegetables, plants, fresh baking, fish and clothing, to gifts & food specialities.

Recycle your old glasses

Date: every 3rd Saturday / Venue: Warwick Saturday Market

Warwick Lions would like to say a big thank you to all the people who have kindly donated old and broken spectacles to our stall at the Warwick Saturday Market. The glasses are cleaned & refurbished then sent to eye camps in Africa, India & Eastern Europe. We aim to collect redundant glasses on our stall every third Saturday.

Kenilworth Art Society

Date: Tuesdays / Time: 7.30 - 9.30 pm / Venue: Venue: Waverley Centre, 65 Waverley, Kenilworth, CV8 1JL

A friendly group, with beginners and experienced artists, using a variety of mediums with a programme of optional activities. New members are welcome, to share and learn. For more information

www.kenilworthartsociety.weebly.com;
kenilworthartsociety@gmail.com; 01926 855470

Kenilworth History and Archaeology Society

Date: second Monday of each month / Time: 7.45pm / Venue: Senior Citizens' Club, Abbey End, Kenilworth CV8 1QJ

We hold nine Open Meetings per year with guest speakers on a range of historical subjects, non-members are welcome for a donation of £2. We also hold three members only meetings per year. Full details of our programme and how to join the society can be found on our website www.khas.co.uk and on our Facebook page. The ethos of the society is to research the history of the town and make the results available to its residents.

Warwickshire Vision Support Centre

Date: 2nd Friday of each month / Time: 9.30am - 11.30am / Venue: Kenilworth Senior Citizens Club, Abbey End CV8 1LG

Warwickshire Vision Support are a local charity that supports people living with sight loss in Warwickshire. www.warwickshire.vision/ enquiries@warwickshire.vision / 01926 411331

Rapport Social Group

Rapport is a non profit making, social group for unattached adults age 50+ on their own and would like to meet new friends. We have a varied monthly programme of hosted events, including coffee mornings, lunches and evening meals, cinema, theatre and National Trust visits, day trips, walks and pub nights. For more information contact Jenny Brown on 07725 094123

Men Walking and Talking

Date: every Thursday / Time: 7pm / Venue: Abbey Fields Car Park

A weekly walking group has been launched in Kenilworth aimed at supporting men's mental health. Set up by local resident Mark Taylor, the group was started earlier this year as the tenth branch of the Men Walking and Talking Group - which was launched during the pandemic. To join please visit their Facebook page: Men Walking and Talking or contact Mark: menwalkingandtalking@outlook.com

A Walking Football Group

We meet twice a week, Tuesdays 11.00am and Thursdays 13.15pm at a superb local venue near Warwick University, for exercise, recreation, socializing and a laugh on an outside astro turf pitch. All Adults welcome. For further info contact 07941491488.

Independent South Warwickshire NHS Retirement Fellowship

Date: every 2nd Wednesday / Time: 10am - 12pm / Venue: All Saints Church Hall, All Saints Road, Warwick CV34 5NJ

We have speakers, trips out, quizzes and much more, why not give us a try. Contact Jackie Shaw 01926 492361.

Kenilworth Over 30 Swimming Club

Date: Every Sunday / Time: 8am - 8.55am / Venue: Newbold Comyn, Newbold Terrace East, Leamington Spa, CV32 4EW

We swim at Newbold Comyn whilst the Abbey Fields facility is being rebuilt. Only two members in each of the reserved four lanes to date - new members are welcome (£12.50 a month subscription) a great way to start your day! Please contact Simon: simonmorton8@yahoo.co.uk for more details or a trial swim.

Coventry And Warwickshire Retired Engineers

Date: third Thursday of most months / Time: 10:30 for 11AM / Venue: Dunchurch Village Hall CV22 6PN

All events are open to the general public. www.retiredengineers.net 01926 490 456

Coventry And Warwickshire Schools Liaison Community

We have speakers on many hot topics and careers. Also activity kits we lend to schools and clubs, all free of charge. www.schoolsliasoncommunity.net/CWSLC.htm 01926 490 456

Kenilworth u3a Meetings

Time: 2.30pm / Venue: Kenilworth Methodist Church, Priory Road, Kenilworth CV8 1LQ
Join us for a tea/coffee and a chat from 1.45 pm
Members free - Visitors £1.

Kenilworth Lions Club

Date: 2nd Monday of the month / Venue: Kenilworth Sports & Social Club
Throughout the year we support needy causes in the community and with a full social programme, the Club is friendly, rewarding and good fun. To find out more visit: www.kenilworthlionsclub.co.uk

Kenilworth Probus Club No 2

Date: 2nd Thursday of the month / Time: 10.30am /
Venue: Clarendon Arms, 44 Castle Hill, Kenilworth
CV34 1NB

Kenilworth Probus Club No 2. Is a club for retired
and semi-retired men. Just come along or
email: KPC2Contact@gmail.com
Web: www.kenilworthprobus2.org.uk

Bad Vibrations Community Choir

Date: 1st, 3rd and 5th Tuesdays / Time: 6.30pm -
8pm / Venue: United Reformed Church, Kenilworth
CV8 1LW

Love to Sing? Then come and join us.
No musical experience, ability (or even an audition)
is needed to join our friendly and inclusive group.
We sing for the joy of singing, when our choir
rehearse a varied repertoire with instruction from a
talented and professional choir master.
Alternatively, on 2nd/ 4th Tuesday from 7 - 8pm in
the same venue, we have a Singalong; no
choirmaster, just singing to great soundtracks from
the last 50 years. For information:
www.badvibrations.org.uk; 07778 791365;
badvken@gmail.com. Come for a FREE trial session.

Board Game Hub

Date: 3rd Sunday of every month / Time: 3-5pm /
Venue: the Kenilworth Centre
Stuck in the house all day avoiding the cold? Why
not join us for board game hub? Bring a game, play
a game, enjoy and cup of tea and a slice of cake.

Repair Café

Date: every 3rd Saturday of the month / Time:
2-5pm / Venue: Abbey Hill United Reformed Church,
Abbey Hill CV8 1LW
Repair not replace. If you can carry it or pedal it,
we'll have a look at it. Repairs and advice are free,
but card or cash donations are welcome. Last repair
taken at 4.30pm. For more information please visit:
www.repaircafe-kenilworth.org

The Kenilworth Walking Women

Date: every Tuesday / Time: 7pm / Venue: Abbey
Fields Car Park
It's a wonderful opportunity to get some regular
exercise, get to know some other women from
Kenilworth, but in a safe walking group. See
Facebook group page for details and updates.

Kenilworth Flower Club

Date: 1st Thursday of each month; Time: 1.30pm /
Venue: Kenilworth Methodist Church, Priory Road
CV8 1LQ
Flower Demonstrators: September 5th Naomi
Weetman: Dried and Fresh Flowers on The Farm;
October 3rd: Emma Remington: A Bit of This and A
Bit of That. For more details please contact Diane
Cahill on 01926 853907

Kenilworth Scout Christmas Post 2024

Date: 7th, 14th, 21st Dec / Time: 9.30 am - 3.30pm /
Venue: Talisman Square
40p per card. Deliveries from Sunday, 22nd Dec
2024. Also, collections during opening hours at
Kenilworth Books, GDT Automobiles, Steve Crowe
Butchers, Farthing Gallery/Tearoom, Leyes Lane
Pharmacy, Leek Wootton Church, Village Clubs

Stoneleigh & Ashow until 20th December 2024.
Delivery from Sunday, 22nd December 2024.

Kenilworth Christmas Market

Date: 7th December / Time: 10am - 4pm / Venue:
Abbey End

There will be festive stalls for your Christmas Gifts,
food and drink, Community Stalls, Live Music from
Year 13 Students at Kenilworth School and some
festive themed games for the younger ones. Not
forgetting a visit from Santa Clause himself! Come
and find him around Abbey End and he may just
have a surprise for you! There will also be FREE
PARKING all day in Warwick District Council owned
off street car parks. Please do buy your gifts local
and support all of our wonderful small businesses
within the town.

The Christmas Market

Date: 7th, 8th December / Time: 11am - 4pm /
Venue: Royal Pump Rooms, Leamington Sa CV32
4AA

Support your local community & shop from the best
small businesses in Warwickshire this Christmas.

Carols At The Castle

Date: 14th December / Time: 5.15pm - 7pm / Venue:
Kenilworth Castle and Elizabethan Garden
What better way to begin your Christmas
celebrations than singing Carols at Kenilworth
Castle? Start the festive season in the traditional
manner. Our ancient castle ruins will be filled with
the sights and sounds of Kenilworth Lions' annual
Carols at the Castle event. The Coventry Salvation
Army band will be joined by the children of St.
Augustine's School and Kenilworth School to provide
the musical lead. Mulled wine and hot chocolate will
be available to keep the cold at bay. Don't forget to
bring a lantern. You can also keep warm by wrapping
up well, and singing the carols with gusto. The castle
will open at 5.15pm, with the carol singing starting at
6.00. Admission is £5 for adults and free for children.

Kenilworth Lions Duck Race

Date: 26th December / Time: 11.30am - 12.30pm /
Venue: Abbey Fields
An unusual ritual takes place starting at the Ford in
Kenilworth; at 11.45am 18 Corporate Ducks will be
launched into Finham Brook, followed at noon by
1,500 little ducklings. After a bracing swim of 200
metres the ducks cross the finishing line in the
Town's Abbey Fields. The first four finishers capture
prizes of £100, £75, £50 and £25 respectively.
This annual event has been running for over twenty
five years and now attracts thousands of visitors,
from far and wide. The Duck Race has featured on
BBC Radio 2, the Guardian, the Times and of course
in the Kenilworth Weekly News. Over the years we
have raised over £80,000 to help those in need.

*While we do our best to ensure the accuracy of our
listings, events may be postponed or cancelled
without notice. Please confirm with the organiser
before making any plans for attending events.
For your news, events and group meetings to be
featured free of charge on our What's On Page
please email [Ksenia:
info@stonesthrowpublications.co.uk](mailto:Ksenia.info@stonesthrowpublications.co.uk)*

HOROSCOPES: DECEMBER / JANUARY

ARIES (MARCH 21 - APRIL 20)

The new moon and communication planet Mercury are shining a very favourable light on the sector of your chart concerned with the higher mind, further education and travel. Under current trends, you should be making some exciting plans for a very bright 2025. The full moon on the 15th puts you in a talkative mood and turns your attention to forward planning and inspirational thinking. Your ambitions and your highest goals are in the spotlight during January as you plan for what could turn out to be a transformational year. Dynamic Mars, your ruler, is strong in fiery Sagittarius, emphasising the need for you to connect with your higher mind. Opportunities are now available, providing that you use your confidence and courage!

TAURUS (APRIL 21 - MAY 21)

Venus your ruler, arrives in quirky Aquarius on the 7th where she joins Pluto, the planet of deep transformation and change. This energy is powerful and strong and you'll feel inclined to make some dramatic decisions around your future and the direction of your life's journey. The full moon on the 15th brings your finances into focus, it's probably best to get some solid advice before making any major changes. January: The line-up of planets at a pivotal sector of your chart ensure that further education, travel and romance are seriously linked together this month. Your ruler Venus, is currently in down-to-earth Capricorn, moving back to direct motion on the 29th. A relationship issue that has been concerning you for months could at last present the practical answer you seek.

GEMINI (MAY 22 - JUNE 21)

The high energy planet Mars is strong in the communication and planning sector of your chart, its best to get projects underway before the retrograde period begins on the 6th. You may need to review your impulsive nature and take stock, listen to close friends as they can offer you fresh insight to do things differently. The full moon in your sign on the 15th joins beneficial Jupiter and suggests lucky breaks and heightened intuition. January: Dynamic Mars and the emotional moon are a powerful combination at the start of the month. Partnership issues are concerning you and it's now time to put your point of view across and win support from an unexpected quarter. Finances arrive in the spotlight on the 17th, take full advantage of any opportunities that come your way.

CANCER (JUNE 22 - JULY 22)

The new moon and Mercury illuminate your health and wellbeing area, suggesting that you could be feeling a lot more robust than usual. December is the perfect time to forge ahead with a personal ambition and bring a long term project to a close. Love planet Venus arrives in unpredictable Aquarius on the 7th, a chance meeting could indicate that a new romance may soon be on the horizon. January: Your health and wellbeing are high on your agenda at the start of this month as Mars and the moon in Sagittarius urge you to take stock and put more energy into a good life balance. The pivotal full moon in your sign on the 17th offers a challenge, but also helps you to reach a new understanding if you trust your intuition and your instincts.

LEO (JULY 23 - AUGUST 23)

The Sagittarius new moon and Mercury arrive at a pivotal angle of your chart, offering you a new sense of direction where love and creativity are concerned. Your future plans with a possible new partnership look exciting, so don't be afraid to take the initiative. The new moon on the 30th looks auspicious, take advantage and turn your attention to an exciting long term plan. January: As forceful Mars is now active in a pivotal sector of your chart, you'll find that your focus is changing. The value of broadening your horizons and using your creative talents becomes increasingly important. The full moon in Cancer on the 17th throws some light on an issue that's been troubling you for a while.

VIRGO (AUGUST 24 - SEPTEMBER 22)

The new moon and Mercury in fiery Sagittarius illuminate the domestic sector of your chart, suggesting a dynamic month where you can make the most of your self-confidence and creative ability to make positive changes within your home. Venus arrives in eccentric Aquarius in the 7th, be prepared for the arrival of exciting new partnerships and relationships and be alert to new opportunities after the 15th. January: Relationship minded Venus remains in practical Capricorn all month, continuing the theme of all things to do with love and romance. You might need to let go of any preconceived ideas about trying to solve a recent problem, go with the flow and use your intuition. The Cancer full moon on the 17th brings some fresh insight and lucky Jupiter in Pisces also lends a helping hand to whatever is bothering you.

LIBRA (SEPTEMBER 23 - OCTOBER 23)

Venus, your ruling planet, arrives in unpredictable Aquarius on the 7th, this cycle suggests that relationship is your top priority this month and the exchange of innovative ideas is set to bring huge rewards. Energetic Mars slows and goes retrograde after the 6th, try to stay patient and tolerant as you'll need to find some new solutions to old problems. Be prepared for exciting new developments after the full moon on the 15th. January: Vibrant Mars in Combination with the fiery Sagittarius moon ensure a dynamic start to the month. Your communication skills are the main focus and anything that's not working will have to be scrutinised and changed. Jupiter and Neptune highlight your health and wellbeing as new and exciting ways of keeping fit present themselves, particularly around the Cancer full moon on the 17th.

SCORPIO (OCTOBER 24 - NOVEMBER 22)

The Sagittarius new moon and business minded Mercury are illuminating the financial area of your chart this month, be sure to make the most of your profound and analytical intellect as you make some important decisions for the future; your new strategies will work best after the 15th. The powerful and insightful conjunction of Venus and Pluto in Aquarius on the 7th trigger your intuition and enable you to see things in a very different light. January: The Sun, Venus, Pluto and Mercury are all activating the communication sector of your chart offering a new sense of direction concerning some important interaction. Future plans look rosy so don't be afraid to take the initiative. The Capricorn new moon on the 2nd is significant as it highlights the possibility of linking your creative ideas with some firm foundations.

SAGITTARIUS (NOVEMBER 23 - DECEMBER 21)

Your personal new moon arrives on the 1st, reinforcing the fact that this month is all about putting yourself first and fully recognising your potential. Major change is now coming your way and new beginnings are eminent. Relationship changes are also indicated as the full moon and Jupiter are strong in your opposite sign. The Capricorn full moon on the 30th brings an important financial issue to your attention. January: A busy month is indicated as Mars aligns with the moon in your sign. Four planets in Capricorn suggest that rearranging some financial issues will become a central theme. You may feel the need to break free from old ways of doing things, but if you keep an open mind, you can learn a great deal. The full moon on the 17th offers you a sense of changing priorities.

CAPRICORN (DECEMBER 22 - JANUARY 20)

Finances, investments and resources are high on your agenda this month as action planet Mars illuminates this area of your chart. Be sure to stand your ground, and be ready to achieve whatever you set your heart on. Mercury, back in direct motion after the 15th should help with clear thinking and decision making. It's important to keep an open mind as you can now learn a great deal from those around you. January: Four planets in your sign appear to be marking the beginning of a new chapter in your life, just right for the start of the New Year! Jupiter is strong in Pisces, encouraging you to be flexible about the future and to be prepared to change your plans. The new moon in your sign on the 2nd offers you some extra powers of persuasion.

AQUARIUS (JANUARY 21 - FEBRUARY 18)

The new moon and Mercury in Sagittarius are powerful in the area of your chart concerned with community spirit and humanitarian goals, any new contacts and associations made now will pave the way for your future aspirations. Pluto is now settling in for a 20 year stay in your sign and this important transition will ensure major change on the World stage; as an Aquarian you have an important part to play - the Gemini full moon on the 15th is particularly auspicious in highlighting your creative gifts. January: Dynamic Mars in Sagittarius gives you great enthusiasm and a buoyancy when it comes to achieving your goals. New contacts can arrive out of nowhere and your networking skills will be at their very best. Wise Saturn in your sign gives you staying power for new projects as you leave recent problems behind and win the recognition that you deserve.

PISCES (FEBRUARY 19 - MARCH 20)

A positive start to the month seems to be assured with the powerful connection of the Sagittarius new moon and business minded Mercury at the highest point of your chart. If your ambition has been lacking lately, don't worry, things are about to change. You may need to speak your mind about certain issues that have been troubling you for a while, take advantage of the auspicious Gemini full moon on the 15th. January: Expansive Jupiter is now firmly in your sign filling you with hope for a rewarding year ahead. Big ideas lead to remarkable results, so be sure to make your thinking optimistic and forward-looking. The new moon in Capricorn on the 2nd highlights friends and group activities that are connected to your personal aims and goals, teamwork is the way forward!

Christine Chalklin, Inspirational Astrologer and Life Coach.

Take a refreshing new look at the year ahead by booking an astrological reading now- Consultations are available on Skype, Zoom, WhatsApp or telephone. Mobile: 07813 483549 | www.restyleyourlife.co.uk | christine_chalklin@hotmail.com



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DESTINATIONS

Here in the UK, we are spoilt for choice when it comes to winter travel destinations. We have world renowned centres of culture, historic towns and cities, wonderful countryside, hills, mountains, vales and dales, and an exceptional coastline, there are so many wonderful places you can visit this winter.

Mountains – Lake District

The Lake District has been a popular tourist destination since the nineteenth century, due in no little part to its wonderful mountains, including England's highest peak Scafell Pike. As you head towards the Lake District the mountains beckon visitors and on clear winter days are spectacular with their snow-covered peaks.

Because the Lake District is so popular, and many of the destinations such as Windermere, Ambleside and Keswick become exceptionally busy during the summer months, winter is the perfect time to visit.

Why not head towards Ambleside which sits on England's longest lake, Lake Windermere and take the drive north passing Wordsworth's home, Rydal Mount, onward passing Thirlmere on your left and the majestic mountain Helvellyn, England's third highest peak towards the beautiful Cumbrian town of Keswick.

Seaside – Suffolk coast

With its miles of unspoilt windswept beaches, inspiring countryside and charming towns and villages, the Suffolk coast is vastly different during the wintertime than the warmer months. The massive skies remain, but with fewer visitors, so you will have more time to appreciate the natural beauty and the unique wildlife.

For centuries the Suffolk coast has been a become famous for the Arts and Crafts movement and there are plenty of short courses and classes offered by leading artists. The world-famous concert hall at Snape Maltings plays host to numerous concerts throughout the winter and the range is eclectic, with everything from percussion and jazz to classical and choral. Something for every taste.

Why not take a trip to the charming coastal town of Lowestoft, walk along the beautifully preserved Southwold Pier, savour delicious fish and chips on the beach at Aldeburgh or go for a meander around the Deben Estuary.

City break – Chester

Historic Chester is a wonderful destination for a winter break. Occupied by the Romans, Vikings, Normans and Anglo Saxons - when you visit Chester history is literally around every corner. The city has the largest Roman amphitheatre in Britain, the most complete city walls and a thousand-year-old cathedral.

Chester offers excellent retail therapy, with The Rows – which are beautiful ancient timber framed buildings – and are home to exceptional boutiques. And, you don't have to look hard for world class bars and restaurants, they are in The Rows too.

Just a stone's throw from Chester is the world-famous Chester Zoo. You can also boat on the River Dee and enjoy informative city tours.

Whether you chose mountains, coast or city, the UK has so much to choose from, and even if you only have a few days away, you will be delighted at the variety.



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Celebrate **Christmas** **with us**

December 1st - December 21st - Normal opening hours

Sunday 22nd December : 7am - 5pm

Monday 23rd December : 7am - 5pm

Tuesday 24th December : 7am - 2pm

Wednesday 25th - Friday 27th : CLOSED

Saturday 28th December : 10am - 4pm

Sunday 29th December : 10am - 4pm

Monday 30th December : 10am - 4pm

Tuesday 31st January : 10am - 4pm

Wednesday 1st January : CLOSED

From Monday 2nd January - Normal Opening Hours

Café closes 1 hour earlier to times above.

22nd/23rd/24th December : Café opens at 8am

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